

FNP-Pasco County Success Stories

February 2010 - March 2010



2010	Schools	Elderly Nutrition	Health Department
February	Whole Grains & Proteins	Heart Health	Fruits & Veggies
March		Protein	

Brenda Borjas — A Voluntary Pre-Kindergarten (VPK) teacher assistant from another class observed my food demo activity for this campaign and came up to ask “What are you doing?” I told her about our FNP program and the “banana wheels” recipe that I was using to teach the children about whole grains. She was so impressed with how much fun the children were having with this hands-on activity, that she immediately went back to her classroom to tell her teacher. Before I finished my lesson, she came back to say that the other teacher would like to sign up to join our program. In that same class, a child was misbehaving and so was sent to “time-out.” As soon as she saw what her peers were doing in class, she asked her teacher “Can I come out? “I promise to be good!” (because she wanted to participate in the activity and learn how to make a banana wheel with toasted oats and yogurt). In another school, some of the new VPK teachers who had recently joined our program requested Handwashing classes saying that “Henry The Hand is still rocking our schools!”

In one of my new middle schools, students learned about the “Fizzics of Soda.” They were amazed to how much fat they could gain by consuming all the empty calories from the sugar consume in just two sodas a day over the summer break. Hopefully the message about consuming food in moderation, including drinks, will make a positive impact on their daily habits and improve their lives.

Cynthia Jones — During the “Whole Grain and Proteins” two-month campaign, I taught 710 elementary students and participated in the Jump Rope for Heart Health event at one school. I also reached 28 older adults who attended the Pasco County Elderly Nutrition Program. I visited the Pasco County Health Department’s Main Street clinic to set up a display and read to the children as they waited to see a doctor or received immunizations.

Karen Faverty — During the past two months, the Family Nutrition Program continued to expand to reach further audiences at the high school level. Hudson High school started an after-school program called “COBRA,” which stands for the Cobra Health and Nutrition Club for Everyone (also name of school mascot). The teachers organizing the program learned about the Family Nutrition Program from the Family and Consumer Science (FCS) teacher, who has been using FNP materials all year. We also had the opportunity to share information about healthy nutrition/fast food choices at their first two club meetings.

A new opportunity! The principal and staff at another high school are pleased that the Family Nutrition Program is in the process of providing materials for students having to report to in-school-suspension. The time that students have previously been idle will now be utilized to pass along information with the potential to improve their lives.

Becky Lawhead — VPK classes at Gulfside, Sanders, Shady Hills, Mittye P. Locke, Northwest and 5 kindergarten classes at Mary Giella experienced “Whole Grains & Proteins” lessons including a taste-test of humus and pretzels. New displays and printed materials were put into place at the Pasco County Health Department clinics in Hudson and Land O’ Lakes. Paul R. Smith students participated in a food safety and hand washing lab. The students were especially excited when the black light exposed where the germs were still hiding! Hudson Middle School students learned all about the the “Fizzics of Soda.” One student said, “I had no idea there was so much junk in soda — I’m going to drink more water from now on!” Many of the students had not had the opportunity to try humus before and most remarked that really enjoyed it. The older youth appreciated the recipe to make humus at home and valued the different ways it can be used like in place of mayonnaise on sandwiches.

Sonia Rodriguez — A group (adults and children) at Pasco County Health Department HOPE enjoyed a yoga class combined with nutrition as they stretched and reached-out for fruits from an imaginary tree. A two-year old youngster who was very attached to his mother and always want to be held, was intrigued and joined-in. Mom was very excited that her “clingy” child was being very independent for the first time. The group also listened to a lesson on whole grains and proteins. They learned to make a healthy snack called “banana wheels” with crushed toasted oat cereal dipped into yogurt — all had a great time!

Linda Tesar — Elementary students participated in a taste-test to determine which bread they liked best. They were offered whole grain and whole wheat bread samples. Many of the students said that they were tasting both kinds of bread for the first time. Only one child refused the samples out of approximately 160 children. They were excited to have the opportunity to try new things and said that they would definitely not be afraid to eat the “brown bread” again!

Betsy Crisp, MS, LD Extension Faculty IV-FCS / FNP Coordinator



The Family Nutrition Program in Pasco is a collaborative effort of UF/IFAS— Pasco County Extension, the Pasco County Health Department, and the District School Board of Pasco County.

